

2018 High Sierra Leadership Expedition

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Major: Pharmaceutical Science

What I did...

For my STEP project I hiked 140 miles of the High Sierra Mountains in California, up and down thousands of feet of elevation, with ten other people through rain, snow, and sun. We camped in the Backcountry and took turns being the Leader of the Day.

I selected this project because of my desire to go on a backpacking trip and learn Backcountry survival tips. I wanted a chance to be outdoors for a month and take time to reflect while also surrounding myself with like-minded people.



I learned:

- ◆ Map reading
- ◆ River crossing
- ◆ Backcountry cooking
- ◆ Campsite selection
- ◆ Risk management
- ◆ Leave No Trace principles

How was it transformational...

This project was transformational in so many ways. Being “unplugged” from every day life was so refreshing and I was continuously challenged physically, mentally, emotionally, and spiritually on this trip. I gained confidence in my leadership abilities and gained a greater understanding of my personal values and professional goals in life.



THE OHIO STATE UNIVERSITY

STEP

Second-year Transformational
Experience Program